

Foot Notes

Brought to you by Dr. Powers

News and Updates **July 2017**



Summer Safety Tips for Feet

Summer's here! Break out your bathing suit, sunglasses, and beach umbrellas, and when you apply sunscreen, don't forget your feet! Of course, the sun's damaging rays aren't the only things that can harm your feet this time of year. There are all sorts of dangers lurking during the summer months, so keep these safety tips in mind to keep your feet safe:

- Beware of going barefoot. Not only are you risking an injury, but you are asking for a fungus to find you! There's nothing like a cut on the bottom of your foot, or a case of athlete's foot or fungal nails to ruin your summer fun!
- Choose sandals that offer plenty of support so you can protect yourself from sprains and other aggravating injuries. New sandals should be comfy from the get go, too, to avoid blisters.
- Cut down on sweaty feet and odor by keeping feet clean and dry and alternating footwear.
- Protect the skin on your feet from bug bites and stings by using repellent.
- Be aware of your surroundings –learn what poison ivy and poison oak look like, then steer clear!
- Keep nails trimmed so that they are even with the tips of your toes to keep them from becoming ingrown.
- When getting a pedicure, make sure the salon follows sanitary practices.
- Apply moisturizer after bathing so heels don't become cracked and dry.
- Wear protective and appropriate footwear when participating in activities.

Meet the Doctor

Kevin Powers, DPM



Kevin Powers has been helping people with foot and ankle pain for 25 years. He is considered the top expert in Southern Indiana, as his opinion is highly valued by the doctors who refer patients from the specialties of internal medicine, pain management, emergency room doctors, nurse practitioners, family practice, OB/GYN, orthopedic surgeons, and general surgeons.



American Board
of Foot and
Ankle Surgery



Association of
Extremity
Nerve Surgeons

Follow these tips and you'll be sure to have a safe, healthy, and happy summer!



3 Minute Chocolate Cake

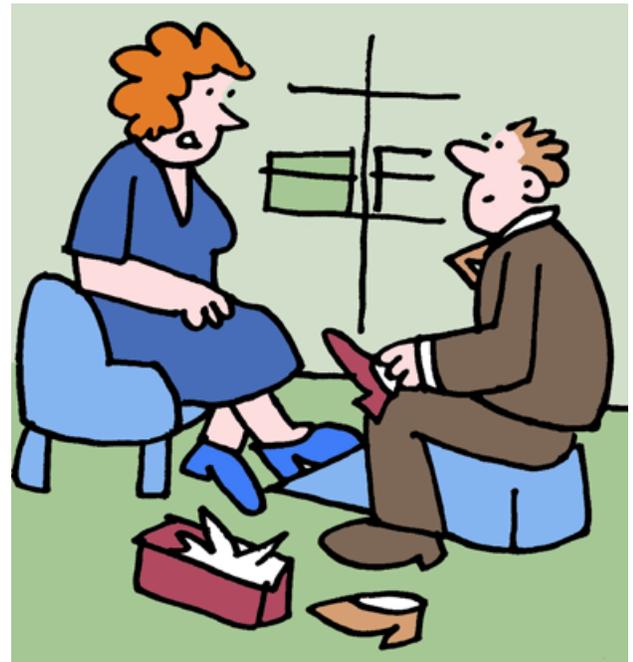
- 1/4 cup almond flour, 1 ounce
- 1 tablespoon cocoa
- 1/4 teaspoon baking powder
- 3 tablespoons plus 1 teaspoon granulated Splenda
or equivalent liquid Splenda
- 2 tablespoons butter, melted
- 1 tablespoon water
- 1 egg

Mix the almond flour, cocoa, baking powder and granulated Splenda, if using, in a 2-cup glass measuring cup. Stir in the liquid Splenda, if using, butter, water and egg. Mix well with a spoon or fork. Scrape batter down evenly with a rubber spatula. Cover with plastic wrap * and vent by cutting a small slit in center. Microwave on HIGH 1 minute until set but still a little moist on top. I had to do mine for 1 minute 20 seconds. Cool slightly and serve warm topped with whipped cream or cool completely and frost as desired.

Makes 2 servings • Can be frozen

With granular Splenda: Per Serving: 237 Calories; 22g Fat; 7g Protein; 7g Carbohydrate; 3g Dietary Fiber; 4g Net Carbs

With liquid Splenda: Per serving: 227 Calories; 22g Fat; 7g Protein; 5g Carbohydrate; 3g Dietary Fiber; 2g Net Carbs



"Do you have a pair that's small on the outside and large on the inside?"

Mark Your Calendars

- July 1** International Joke Day – Knock, knock.
- July 4** Independence Day – Break out your red, white, and blue.
- July 6** International Kissing Day – Pucker up!
- July 7** National Strawberry Sundae Day – Yum!
- July 18** National Caviar Day – Seem a little fishy to you?
- July 20** Moon Day – One giant leap for mankind.



Yoga Poses for Your Feet

Yoga is great for stretching muscles, strengthening your core, and reducing stress, but did you know it can also be beneficial to your feet? Spreading your toes and bearing weight creates a stable base for essential yoga poses that stretch and strengthen the many muscles, tendons and ligaments in your feet – and guess what? Strong feet are less likely to get injured! Yoga also improves your balance as well as your alignment. So, try a few poses for starters, to stretch, strengthen, and relax your mind, body, and soul – and feet!

Chair pose – with feet planted side by side, slowly “sit” back as if you are sitting down in a chair. Raise your arms up and keep your knees behind your toes.

Downward dog – from a plank position, raise your backside up and bring your nose toward your knees, keeping legs straight and hands and feet on the floor.

Tree pose – standing with your hands in prayer position, swing one knee out away from your body and slowly slide that foot up the other leg until it is resting above the knee.

Namaste



Soak Away Soreness and Stress

After soakin’ up the summer sun and non-stop fun, take a break to relieve sore and tired feet with this relaxing (and simple!) DIY foot soak:

Fill a basin with 8 cups of warm water.

Add ½ cup Epsom salt and stir until dissolved.

Add a few drops of soothing lavender essential oil.

Squeeze in the juice of 4- 5 slices of lemon, then throw the slices right in!

Now, sit back, dunk your feet in, and relax for 20 minutes.

Ahhhhhhh



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See page one.

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Celebrate Freedom from Heel Pain

This month, we celebrate our country's independence, but if you're struggling with heel pain, that can definitely put a damper on family picnics, fireworks, and festivities! Not to worry, though. Freedom from heel pain is yours if you follow these battle-tested solutions:

- Have your foot assessed for any underlying conditions that could be behind your discomfort. That way, you can treat the cause of the problem, not just its symptoms.
- Stretches can help with tight tendons and muscles that may be aggravating your heel. Try standing on a step with your heels hanging off the edge, then lowering your heels down. You can also try facing a wall with legs extended behind you and pressing your heels toward the floor. Even just grabbing your toes and gently pulling them toward you can help!
- Footwear that fits well and offers plenty of cushion in the heel is helpful in reducing pain. Add some orthotics inside them for even more relief.
- Take a break from high-impact activities, and either rest completely or opt for low-impact choices like yoga, swimming, or biking.

If every time you take a step you see stars because of the pain in your heel, follow these tips to get your heels back to feeling happy and ready to celebrate!

